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IS RUSSELL ON THE
REBOUND WITH
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LONDON

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Wednesday, February 8, 2012
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News worth
sharing.



▶ A crane lifts a PET/MRI machine skyward on Tuesday so it can be lowered through the roof of St. Joseph's Hospital. The 10-tonne scanner was too big to fit in an elevator for delivery to the fifth floor.

ANGELA MULLINS/METRO

St. Joe's reaches for the sky with scanner

► New imaging unit one of only a handful worldwide ► Canada Foundation for Innovation, Ontario Research Fund provided funding



ANGELA MULLINS
@METRONEWS.CA

It wasn't a bird. It wasn't a plane. That 10-tonne object towering over St. Joseph's Hospital on Tuesday was medical history in the making.

Delivered through a hole carved in the roof, Canada's first whole-body PET/MRI unit is now in place on the hospital's fifth floor. The PET/MRI combines two pieces of technology into one, resulting in a more accurate picture of a patient's ailments and, doctors hope, better diagnoses.

While approved for use on patients, the PET/MRI will be used first by researchers to see how it can improve treatment of everything from cancer to mental illness.

So what is it?

Dr. Frank Prato of the Lawson Health Research Institute describes the machine as a "driver" in personalized medicine and molecular imaging.

"It's leading-edge. The possibilities are endless."

STEVE FOSTER, BUSINESS MANAGER FOR THE IMAGING PROGRAM AT LAWSON HEALTH RESEARCH INSTITUTE

Positron emission tomography scanners — PET, for short — identify problem spots in the body by capturing a three-dimensional image of light points. Those points are borne of radioactive material — injected into a patient for testing purposes — that has rushed to areas of concern, such as a tumour.

The problem, Prato says, is that test results don't give a reference point for the points of light.

"It's like if you see a light bulb in the dark. You see it ... but you don't know exactly where it is (in relation to other objects)," he says.

So, PET results are more useful when combined with images of a patient's insides. The highest-

Inside scan

► Researchers first applied for a grant to buy the machine, which cost between \$6 million and \$7 million, in 2005. Funding was awarded in 2007, and scientists have been using a trial model for several years.

tech machines at most hospitals use a combination of PET and X-ray, allowing doctors to catch a glimpse of where a problem is in the body.

The downside, Prato says, is that X-ray images are two-dimensional and they aren't captured at the exact same time as the light points resulting from the PET test.

That means one little wiggle from a test subject can skew the end result.

Combining magnetic resonance imaging — the MRI portion of the machine — with PET creates two three-dimensional images taken at the same time.

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news

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On the web at metronews.ca



Cat invades field during Premier League match on Monday, has 30K Twitter followers on Tuesday. Watch at metronews.ca/video

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Crash raises concerns over labour rights

A horrendous crash that killed 10 migrant farm workers and a truck driver in rural Ontario is raising concerns about labour rights and safety in the agriculture sector.

Stan Raper of the Agriculture Workers Alliance said migrant workers toiling on Ontario's farms face long shifts under often difficult conditions.

"You couldn't be more precarious," he said Tuesday. "There has to be a more humane way to provide work to people."

He said fatigue leaves workers vulnerable to accidents such as Monday's crash in Hampstead.

The deadly collision has also revived safety questions surrounding the transportation of migrant

workers, with some pushing for a ban on 15-passenger vans, the kind that ferried Monday's crew.

A van carrying workers from Peru collided with a flatbed truck after reportedly going through a stop sign. The impact of the crash sent the van hurtling across a lawn before smashing into the side of a house.

THE CANADIAN PRESS



► Surveyors pictured at the crash scene in Hampstead, Ont., on Tuesday.

It's a 'miracle' some survived

► Police identified the deceased truck driver in Stratford crash as Christopher Fulton, 38, of London ► Tracking down next of kin of killed migrant workers is a difficult task for police

Emergency officials in rural southwestern Ontario describe the scene of a devastating crash that killed 11 people as utter "carnage," with people trapped inside twisted wreckage, dying shortly after first responders arrived.

Ten migrant workers and a truck driver were killed Monday afternoon in Hampstead, a tiny community northeast of Stratford, after a flatbed truck broadsided the large white passenger van carrying 13 people, sending it hurtling across a lawn and smashing into the side of a house.

Police and fire officials said it's a miracle that anyone survived what they describe as the worst collision they've ever seen.

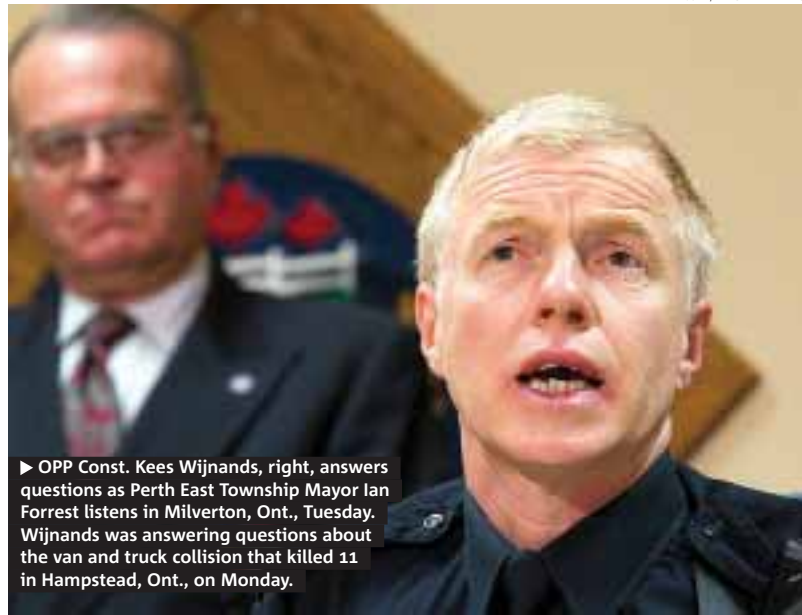
"That's really very amazing considering the crash that we saw there, the impact and the carnage that was out there," Ontario provincial police Const. Kees Wijnands told a news conference in Milverton, not far from the crash site.

"It's a miracle that these people are still living."

All 13 of the migrant workers were from Peru, a provincial Labour Ministry spokesman said Tuesday after checking with the Jamaican Embassy in Ottawa. Labour Minister Linda Jeffrey had earlier said some of the workers were from Jamaica.

Three people from the 2007 GMC Savanna passenger van survived the crash. One was airlifted to a hospital in Hamilton with life-threatening injuries. The other two were taken to hospital in Stratford, though one has since been transferred to London Health Sciences hospital. The patient who remains in Stratford is still in critical condition, the hospital said.

When paramedics and volunteer fire crews arrived on the scene of the crash, five people were already dead. Firefighters had to perform a "very difficult" extraction to get to the people in the van, said Bill



► OPP Const. Kees Wijnands, right, answers questions as Perth East Township Mayor Ian Forrest listens in Milverton, Ont., Tuesday. Wijnands was answering questions about the van and truck collision that killed 11 in Hampstead, Ont., on Monday.

Hunter, the fire chief for the Township of Perth East.

"It's certainly something that no one ever expects to see ... that much carnage," Hunter said. "It was defi-

nately a terrible scene. I've never seen that much damage in a motor vehicle collision before."

A woman who lives across from the crash site

said she heard a loud bang Monday afternoon and looked outside to see a cloud of dirt rising and the two vehicles coming to rest.

THE CANADIAN PRESS

Knights go pink for cancer cause

This Friday, London's House of Green will become the House of Pink as the Knights host the Plymouth Whalers at the John Labatt Centre.

The Knights will wear pink jerseys and encourage all fans to also dress in pink to show their support for breast cancer awareness. Game time is 7:30 p.m.

Immediately following

Jersey auction

The jersey auction will take place online until Feb. 21 at 5 p.m.

the game, the commemorative pink game-worn jerseys will go live for auction on londonknights.com.

All proceeds from this event will be donated to A Rose in My Book in support



► Knights to wear pink

of the London Regional Cancer Program. ● METRO

News in brief

Correction to Feb. 7 edition

Coun. Matt Brown wrote a letter to the city's finance and administration committee requesting that Ottawa be urged to put employment-insurance claims for Electro-Motive Diesel workers on the fast track. The letter was

attributed to the wrong councillor in the Feb. 7 edition of Metro.

LHSC program exec leaving

A high-ranking official at the London Health Sciences Centre is leaving his post.

Brian Orr, the vice-president of the London Regional Cancer Program, will end his tenure at the end of March. AM980/AM980.CA

ANGELA MULLINS/METRO



► King's University College staff members Sarah Morrison, left, Andrea Jolliffe and Todd Morrison poke a little fun at themselves Tuesday while wearing ugly sweaters as part of an environmental-awareness effort led by the World Wildlife Fund.

King's University College goes ugly for a cause

► School takes a unique approach to World Wildlife Fund environmental-awareness initiative



ANGELA MULLINS
@METRONEWS.CA

They've raided thrift stores, dug through attics and pulled out all those not-so-lovely presents from their nanas.

Now, staff and students at Western's King's University College are strutting their stuff in the most not-so-fashion-forward sweaters money can buy.

"Really, ugly is subjective," staff member Todd Morrison said Tuesday, while donning a 1990s-style sweater with a pattern reminiscent of Space Invaders.

"I kind of like it," he added, laughing.

Morrison and other members of King's Green Team are hoping their faux pas can spread into

Competition

► King's University College has turned its ugly sweater observance into a week-long competition. Faculty, students and staff have been asked to post pictures of themselves donning their best (or worst) at Facebook.com/kingsatwestern. The post with the most likes will win a fashionable prize.

the greater community for what can only be described as an all out "ugly sweater invasion" on Thursday.

Folks at the World Wildlife Fund are hoping the same. The non-profit has picked Feb. 9 as National Sweater Day, asking people to take action against climate change by turning down their ther-

mostats and putting on their favourite sweater.

King's — and some other groups participating across the nation — tossed in the ugly angle to spice things up a bit. Like the WWF, the Green Team is hoping to get a clear message across while having a little fun.

"The whole idea ... is that we're trying to promote sustainability through energy conservation," said Sarah Morrison, a King's employee and the team's leader.

As for the people who may laugh as she walks by, Sarah's not too worried. Practically a lifelong environmental activist, she's used to taking a bit of teasing for her cause.

"I'm known for picking water bottles out of garbage cans," she said.

Union, CAT back at the bargaining table

ANGELA MULLINS
@METRONEWS.CA

The leader of Canadian Auto Workers Local 27 has set a firm timeline for hashing out an Electro-Motive severance package.

"It's gotta be done by Friday," president Tim Carrie said.

Former employees have threatened to occupy the locomotive plant on Oxford Street East if they don't like the way talks are playing out. Carrie is keeping details about when that might happen under wraps.

Severance talks between the parties started Tuesday, with the CAW tabling its offer. Bargaining is expected to resume Thursday.

Union officials have said workers are entitled to a package that's more than the legal minimum.

Ontario's employment standards act requires that severance be given to employees with at least five



► Tim Carrie

years under their belts. Employees must receive at least one week's pay for every year worked. The maximum amount of severance required is 26 weeks, per the act.

"I don't expect them to come across and agree with everything," Carrie said about Caterpillar. "The only thing I can say is that at least we got them at the table."

WITH FILES FROM AM980/AM980.CA

A look back

- Jan. 1:** Electro-Motive Diesel workers locked out after authorizing a strike and rejecting a contract offer. The Canadian Auto Workers said the proposal included wage cuts of more than 50 per cent.
- Jan. 26:** Parent company Caterpillar reports a fourth-quarter 2011 profit of \$1.5 billion US and year-end profit of \$5 billion US.
- Feb. 3:** CAT closes the London locomotive plant, displacing about 700 union and non-union workers.



For more local news visit metronews.ca/london

Business awards

London's top economic leaders will be honoured March 21 at the annual Business Achievement Awards. The awards dinner will be held at the London Convention Centre. To order tickets, visit londonchamber.com. Among the finalists announced Tuesday:

- **Business of the Year (small company).** Dura Med Mobility Products Inc.; Jill's

Table; Yoga Shack; Zomaron Inc.

- **Business of the Year (medium company).** Campbell Bros Movers Ltd.; Finan Home Service; Voices.com; Talbot Marketing Inc.

- **Business of the Year (large company).** CarProof; Centennial Windows & Doors; Delta London Armouries Hotel; Metropolitan Maintenance.

- **Environmental Leadership Award.** Union Gas Ltd.; Western University.

- **Excellence in Human Resources Award.** Digital Extremes Ltd.; TSC Stores.

- **Innovation Award.** Big Blue Bubble Inc.; Phoenix Interactive Design Inc.

- **Quality Award.** Autodesk Solutions Inc.; Starlim North America Corp.

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WW1 SURVIVOR

Last war vet dies at 110

Florence Green never saw the front line. Her war was spent serving food, not dodging bullets.

But Green, who has died aged 110, was the last-known surviving veteran of the First World War.

She was serving with the Women's Royal Air Force as a

waitress at an air base in eastern England when the guns fell silent in 1918.

Green died at a care home in eastern England, two weeks before her 111th birthday.

In 2008, Green remembered her wartime service with affection.

"I met dozens of pilots and would go on dates," she said.

She added: "I would work every hour God sent. But I had dozens of friends on the base and we had a great deal of fun in our spare time."



Florence Green

THE ASSOCIATED PRESS

Alberta Mounties shot and injured

Two RCMP officers were shot and wounded Tuesday while attending a rural residence southeast of Edmonton.

The two were taken to hospital for treatment, police say.

The RCMP emergency team and RCMP air services were dispatched to the scene between Loughheed and Sedgewick, an area of rolling farmland and natural-gas development about 160 kilometres from the Edmonton.

The officers are from the nearby Killam detachment.

Police said a search was underway to locate an armed suspect.

Premier Alison Redford, who was briefed by the solicitor general, said one

"I'm glad there's no loss of life, but sometimes even these shootings can lead to pretty serious injuries so our hopes and prayers are with their families."

ALISON REDFORD,
ALBERTA PREMIER

person was in custody.

The shooting evoked memories of four RCMP officers near Mayerthorpe, Alta., in 2005.

Gunman James Roszko cut down the officers while they were staking out his marijuana grow-op.

THE CANADIAN PRESS

Can you lose your heart in Kingston?

Romance appears to reign supreme in Kingston.

The Ontario city takes the crown on the third annual list of the 20 most romantic cities in Canada.

For a second consecutive year, Guelph, Ont., landed in the runner-up spot in the rankings by Amazon.ca, while Kelowna, B.C., came in third place.

They're followed by Oakville, Ont., Victoria, Saskatoon, Regina, Calgary, Kamloops, B.C., and St. John's.

The online retailer creates its list by comparing sales data of romance novels, sex and relationship books, romantic comedy DVDs, and CDs by Canadian crooner Michael Bublé.

THE CANADIAN PRESS

Tories to spy chiefs: Torture info now OK

► Harper government reverses itself ► CSIS ordered to use tainted data if public safety is at stake ► But law bans it, says Liberal chief Bob Rae

The Harper government has done a dramatic U-turn — torture, it says, can be necessary.

It has told Canada's spy agency to use information that may have been extracted through torture in cases where public safety is at stake.

"Our government will always take action that protects the lives of Canadians," said Mike Patton, a spokesperson for Public Safety Minister Vic Toews.

The Tories once insisted the Canadian Security Intelligence Service would discard information if there was any inkling it might be tainted.

But Toews has quietly told CSIS the government now expects it to "make the protection of life and property its overriding priority."

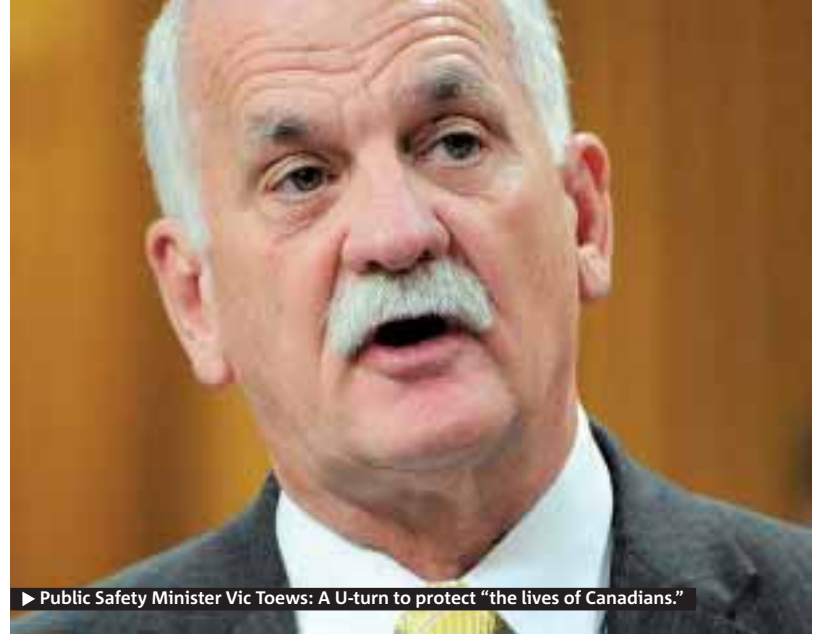
A copy of the two-page December 2010 directive was obtained under the Access to Information Act.

In an email, Toews' department said the 2010 directive "provides greater clarity to CSIS."

It added: "All CSIS activities, including sharing information with foreign agencies, comply with Canada's laws and legal obligations."

Neither the department nor the minister would agree to an interview.

THE CANADIAN PRESS



Public Safety Minister Vic Toews: A U-turn to protect "the lives of Canadians."

The big change

► The new directive expands upon a 2009 one that states CSIS must not knowingly rely on information derived from torture.

► It says that, where there is a threat to human life or public safety, urgency may require CSIS to use intelligence provided by foreign agencies that may have been derived from the use of torture or mistreatment.

Toews not above law, says Rae

The Tories' reversal on torture drew swift condemnation from Amnesty International Canada.

Information obtained under torture "has no place in the justice system, full stop," it said.

Bob Rae, the interim Liberal leader, said the

minister is not above the law.

"The law in Canada has been pretty clear that information based on torture, first of all, is not reliable and, second of all, is not permissible."

Amnesty secretary general Alex Neve said Canadian law-enforcement and security agencies should focus on getting rid of information that bears the taint of torture, not on carving out exceptions.

THE CANADIAN PRESS

STUDENT SPRAYED

Teacher sniffs at boy's meal

A Newfoundland school board has apologized and put one of its teachers on paid leave for spraying air freshener on a 10-year-old boy who ate fried fish for lunch.

The Nova Central School District has

launched an investigation into last Thursday's incident.

"The district takes any such matters very seriously," the school board said Tuesday.

"We regret that this situation has occurred."

Patti Rideout, the boy's mother, says her son could have gotten the spray in his eyes or had an allergic reaction. She says her son was teased by classmates for smelling fishy before the teacher sprayed him.

THE CANADIAN PRESS

Tories snuff out long-gun debate

The Conservative government is curtailing the House of Commons debate on ending the long-gun registry.

They've used their majority to push through a time-allocation motion to limit further debate to one day at report stage and two days at third reading.

The motion passed 150-132.

The bill eliminates the requirement for gun owners to register their long guns and other weapons that are not restricted or prohibited, and provides for the destruction of records currently held in the Canadian Firearms Registry.

The legislation was introduced in October.

THE CANADIAN PRESS



► Prince Albert II of Monaco, third from left, poses with scientists at the Vostok research station near the South Pole in this file photo from 2009.

Drilling at ancient lake catches a chill

► Probe may have reached sub-glacial lake sealed off from atmosphere for millions of years ► Scientists speculate lake holds secrets about prehistoric micro-organisms ► Frigid Antarctic location restricts access

The coldest place on earth may have stopped scientists tantalizingly short of tapping into a 15-million-year-old mystery of a buried Antarctic lake.

Racing against time and plunging temperatures, Russian scientists have been drilling nearly four kilometres beneath the bleak central Antarctic surface to reach Lake Vostok, about the size of Lake Ontario.

The Russian news agency RIA Novosti quoted sources on Monday as saying they have finally touched the liquid lake surface, 20 years after the controversial project started in earnest.

"If they were successful, their efforts will transform the way we do science in Antarctica and provide us with an entirely new view of what exists under the vast Antarctic ice sheet."

ANTARCTIC SPECIALIST JOHN PRISCU OF MONTANA STATE UNIVERSITY

The head of the Russian mission pulled back on Tuesday, however, telling Nature magazine the data are still being analyzed to confirm the hit.

Timing is vital: The last flight out of the area left Monday as Antarctica's short summer vanished and temperatures started falling. By February, the Russian Arctic and Antarctic Research Institute reported, temperatures on

the ice above Lake Vostok hover around -42 C. In March, they fall to -61 C.

The coldest temperature on Earth, -89 C, was recorded there in 1983.

"Only when I have this (data) can I say we penetrated (the lake)," Valery Lukin, director of the Russian Antarctic program, told Nature. "We want to be sure we have really reached the surface of Lake Vostok." **TORSTAR NEWS SERVICE**

Russians strike while it's hot — for Antarctica

This year's drilling began Jan. 2 (when temperatures are at their warmest, about -36 C during the day) and progressed by about 1.75 metres a day, the Arctic and Antarctic Research Institute has said.

When the team resumed drilling last year on Jan. 2, they had already reached 3,650 metres, Nature reported.

At that time Lukin said: "We can make it."

Russian scientists and engineers plan to send a swimming robot into the lake in the Antarctic summer of 2012-13 to collect water samples and sediment from the bottom.

TORSTAR NEWS SERVICE

Burst dam devastates Bulgarian village

Swollen rivers in Bulgaria and Greece burst their banks Tuesday, leaving dozens of homes underwater, as Bulgarian officials declared a day of mourning for eight people confirmed killed after a dam collapse nearly washed away their village.

Bulgaria's civil defence agency warned that two other, bigger dams were also on the brink of spilling over and residents were urged to prepare for an evacuation. Authorities have started a controlled release of water from the dams to prevent overflow.

Europeans across the continent have been battling more than a week of extreme weather, with thousands still trapped by snow in remote, mountain villages in the Balkans. Hundreds are dead after temperatures went as low as -36 C. **THE ASSOCIATED PRESS**



► Rescuers carry an evacuated man to safety.

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Trip to tighten bond with China

► While in Beijing, PM wants to discuss developing a long-term strategy



► Prime Minister Stephen Harper and his wife, Laureen, arrive in Beijing on Tuesday.

Centuries ago, emperors flocked to the Temple of Heaven in Beijing to pray for a good harvest.

And that's where Prime Minister Stephen Harper will make one of his first stops on a trip through China, continuing a course he set two years ago to harvest more of the country's wealth.

The trip comes amid a re-

newed focus on Canada's ability to satiate China's growing thirst for oil — a thirst that's reflected itself in billions of dollars worth of Chinese investment in Canada's oilfields since 2009.

One route is the Northern Gateway pipeline, which could deliver oil from Alberta to ports in B.C., then onwards to Chi-

na. But hearings into the pipeline have just begun.

So, though oil and gas executives form part of the 40-strong business contingent along for Harper's trip, it is other sectors ready for greater Chinese involvement that will be the focus of Harper's tour.

This is Harper's second visit to China since 2009. The two countries have grown closer thanks to a series of high-level meetings.

Harper is hoping to push forward the relationship with a series of events highlighting people as much as product, as well as signing new deals.

Among the deals in the works is the foreign-investment protection agreement, which has been under negotiation with China for almost 20 years. Business groups would like to see an agreement reached, as it would give both sides

confidence to expand trade.

The delegation on the trip includes five cabinet ministers, six Tory MPs and 40 business and community leaders, including high-level executives from the energy and agriculture sectors.

THE CANADIAN PRESS

News in brief

Canada's a seller's market, Senators hear

COMPETITION. There are many reasons why retailers charge consumers more in

Canada than they do in the United States, but one is simply that they can, witnesses told a Senate committee Tuesday. Representatives of Canada's manufacturers and consumer-advocacy groups focused on the same point — the lack of competition in Canada's retail sector — as a possible key component for the continuing price gap. **THE CANADIAN PRESS**

Tweak system for jobs: Report

IMMIGRATION. The federal government could put the equivalent of 370,000 more people to work if it tweaked the immigration system to focus on needs of the job market, says a new report by Toronto-Dominion Bank. Disparity has grown steadily and immigrants don't have much hope of seeing the salary gap close until the second generation. **THE ASSOCIATED PRESS**

Walmart expansion to boost jobs in Canada

Walmart Canada plans to spend more than \$750 million this year to open, relocate or remodel 73 retail stores, including former Zellers locations.

The world's biggest retailer said Tuesday the initiative will create more than 14,000 jobs — about

3,500 new store positions and 10,500 in the trades and construction sector.

The hiring spree would be a big help to Canada's job picture as the January unemployment rate rose to 7.6 per cent. Walmart already employs about 85,000 Canadians and is the coun-

try's largest department-store retailer by sales. Included on the list of Walmart Canada stores are 39 Zellers locations the Canadian subsidiary bought last year.

Walmart said more than half of the 73 projects will become supercentres, which offer an array of groceries as well as general merchandise. "Our research tells us that our customers enjoy the one-stop-shopping offer,"

said Walmart Canada spokeswoman Rosalyn Carneiro. Competition in the Canadian retail market heats up with the entry of discount retailer Target next year. Walmart Canada plans to open 125 to 135 stores. **THE CANADIAN PRESS**



SETH PERLMAN/THE ASSOCIATED PRESS

Market moment

TSX	Dollar	Oil	Natural gas
- 47.43 (12,512.42)	+ 0.07¢ (100.52¢ US)	+ 1.50¢ US (\$98.41 US)	\$2.47 US (- 8¢ US)
			Gold \$1,748.40 US (+ \$23.50 US)

PRICES AS OF 5 P.M. TUESDAY

Halliburton to ditch RIM for Apple

In another blow to Canadian smartphone maker Research in Motion, energy drilling giant Halliburton Co. says it will replace its

company-issued BlackBerry with competitor Apple's iPhone.

Halliburton said Tuesday it is making the move after deciding that Apple's technology works better with the programs it uses in the field.

THE CANADIAN PRESS

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Women prey to 'ambition gap': COO

JEAN-CHRISTOPHE BOTT/KEYSTONE/THE ASSOCIATED PRESS

If Facebook chief operating officer Sheryl Sandberg isn't one of the richest women in the world, she'll be one of them soon.

According to reports, she made \$30.9 million US last year, while her estimated 1.7 per cent stake in Facebook could boost her net worth to roughly \$1.7 billion once the social-networking giant's IPO is complete. The 42-year-old is one of the world's most suc-

cessful executives, and when she talks about gender and the workplace, people listen. She told a panel at the World Economic Forum that inequalities and double standards, including a sizeable "ambition gap," impede women from childhood. "We teach women as young as four to lay back, be communal. We need our girls to be ambitious to achieve in the workforce."

TORSTAR NEWS SERVICE

► Sheryl Sandberg, Facebook's chief operating officer, speaks at the 42nd Annual Meeting of the World Economic Forum in Davos, Switzerland, on Jan. 27.



BIG PICTURE

MBA GRADS CAN ANALYZE PROBLEMS FROM MANY ANGLES

With average Canadian MBA students earning as much as \$143,000 after graduation, according to the Financial Post's 2010 MBA program index, there is good reason the masters of business administration is gaining popularity in Canada and worldwide.

Students who have an MBA have been exposed to many different areas of business they probably would not have otherwise, says Shai Dubey, director of the Queen's MBA program and academic director of the university's Masters of International Business. That experience allows MBA grads to analyze problems critically from many angles.



ISTOCKPHOTO/THINKSTOCK

"You provide added value for your company because you have a well-rounded perspective on how a business should work," he explains.

Going through an MBA program is also about personal exploration, he says. "It's about exploring ... how to leverage your skills, how to minimize your weaknesses."

Queen's MBA students graduate with an understanding of the big picture, but also with the skills to execute on that understanding, Dubey says.

Leadership skills are a vital

component of the degree. "Within an organization people do MBAs because they want to get promoted, and to get promoted you need to be able to lead people," says Dubey.

Good leadership is very different from managing people, he explains. "You can give anyone a title, but that doesn't mean they can actually lead." The Queen's program is designed to give students many opportunities to exercise their leadership skills. It's a trait to look for if you are choosing a school, says Dubey.

Because teamwork is such an impor-

tant aspect of an MBA, the people you work closely with in class can be just as important as the skills you learn.

"You're forming life-long friendships," says Dubey, who adds he regularly sees Queen's alumni recruit for their own businesses from their alma mater because they trust the quality of the education. That's the power of networking.

However, "where people end up very much depends on what kind of background they have and what kind of industry they're going into," Dubey says.

— Stephanie Orford

DALHOUSIE'S 'EXCEPTIONAL RETURN ON INVESTMENT'

Located in Halifax, Dalhousie University offers the country's only Corporate Residency MBA program.

The 22-month program combines 14 months of classroom instruction and an eight-month paid work term where students work in an entry-level MBA position.

"They have substantial responsibility in their jobs," says Dr. Scott Comber, the program's director and also a faculty member in the program.

The program's corporate partners are spread across the public, private and non-profit sectors, and include organizations like American Express, Colgate-Palmolive and Scotiabank.

Comber says to date, 75 per cent of students have been hired on full time by the corporate partner after their work term has ended.



STOCKBYTE/THINKSTOCK

The next intake of students will take place in July, and Comber says the program offers "an exceptional return on investment."

With tuition costing close to \$39,000 for the program, that is nearly offset by the corporate residency salary because students make an average of \$29,000 for their work term, says Comber. Plus, there are potential scholarships available.

The admission requirements for the program are a four-year undergraduate degree, a GPA of at least 3.0 and a GMAT (Graduate Management Admission Test) score of 550 or higher.

The four-year undergraduate degree requirement is not just restricted to commerce degrees either, it includes faculties such as arts, science and engineering.

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WHEN BUZZ PHRASE TURNS TO BUZZ KILL

JUST SAYIN' ...

NEIL MORTON
METRO



PR types and consumers alike to describe something that is "taking off" (when it isn't always), that has definitely more than hit its tipping point — and could soon jump the shark.

"Going viral" has become one of the sexiest phrases out there, and essentially means becoming extremely popular in a very short amount of time.

Now everyone wants to be part of something that's going viral, whether they're creating it or sharing it. The Internet and social media, of course, have fuelled virality in ways pre-Internet couldn't do, and the term "going viral" has seeped into popular culture.

It's referred to everywhere — in movies, TV, music and even books.

"'Going viral' has become so ubiquitous, so overused, that, often as not, it refers to things that aren't going viral."

This column is totally going viral! How can I say that? Well, I can't, really.

But the point is that the phrase "going viral" is becoming so overused by media, bloggers, marketers,

PR types and consumers alike to describe something that is "taking off" (when it isn't always), that has definitely more than hit its tipping point — and could soon jump the shark.

"Going viral" has become one of the sexiest phrases out there, and essentially means becoming extremely popular in a very short amount of time.

Now everyone wants to be part of something that's going viral, whether they're creating it or sharing it. The Internet and social media, of course, have fuelled virality in ways pre-Internet couldn't do, and the term "going viral" has seeped into popular culture.

It's referred to everywhere — in movies, TV, music and even books.

Whether it's a YouTube video, a tweet, a Facebook photo, a meme, interactive flash game, app, software or a forwarded email, attaching the message "going viral" is an exciting way to get people to click on something and pass it on to others.

Certainly much of the shared stuff is awesome, but "going viral" has become so ubiquitous, so overused, that, often as

not, it refers to things that aren't going viral.

The term is used as kind of a desperate gimmick by marketers to generate exposure for products and by everyday people looking for fame for stuff that really isn't catching on in the least.

So ... I propose the time has come for all of us to start being far more discriminating about our use of "going viral." To have some criteria and rules for what "going viral" is (e.g., 100,000 YouTube views in a matter of days is "going viral"; 9,000 views is not).

If we don't, we're totally going to ruin the meaning of this phrase through its overuse. People will stop clicking on it — or be far more suspicious — of anything that says "going viral." It will come more to mean "going anti-viral." Or buzz kill.

Failing that, perhaps we just move past it altogether and begin to use new words and phrases to describe the phenomenon of something getting popular really fast. Phrases like "holy contagious!" or "completely insane!" or "crazy buzz!"

Those could just as easily start to generate new excitement for something taking off.

So, yes, as I was saying, this column is totally going viral, er, holy contagious!

Follow Neil Morton on Twitter (@neilmorton).



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Do you think Canada should
abolish ties to the monarchy?

NO, IT'S AN
IMPORTANT
PART OF OUR
HISTORY

50%

34%

YES, IT'S
A WASTE
OF
MONEY

YES, BUT ONLY
AFTER THE
QUEEN'S REIGN
IS OVER

16%

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He has pins and needles

Pain and prayer at Hindi fest

It looks like this unfortunate man has got tangled in some gigantic bicycle wheel.

But in reality this contraption is a centrepiece to Tuesday's Hindi festival of Thaipusam. Here, a devotee carries a "Kavadi" along a four-kilometre route from the Sri Srinivasa Perumal, one of Singapore's oldest temples. ● MWN

Thaipusam facts

- **For the faint-hearted, too.** Those not keen on self-impalement offer pots of milk to the gods.
- **Body be pure.** 48 days before the event, devotees abstain from meat, alcohol and sex.
- **Skin-pulling day.** Devotees pull carts by ropes hooked on their backs.

Physical bond to divine forces

Thaipusam, a Hindu festival celebrated in the Tamil month of Thai (in January or February, depending on the full moon), celebrates the deity Murugan. Devotees pierce body parts such as cheeks and tongues before carrying the "Kavadi."

These rituals stress the zealot's physical devotion to divine forces.

● MWN



Local tweets



- **@craig hunter_:** To the woman full on doing her makeup on the bus... You missed a spot. / @todayonLTC #ldnont
- **@k_smith:** #ldnont the city of see-through leggings #whoagirl
- **@Richard_Dew:** Began to say goodbye to the seals on Saturday. They've impacted my son in unimaginable ways. #ldnont #Storybook-Gardens
- **@TFade:** Day two back in #ldnont, and back to the job search
- **@jadeiris:** On my way to
- **#Fanshawe** to get my grad photos done finally!
- **@gettingbooked:** I guess I can thank the insane lack of parking spaces @ #uwo for getting me to school before 9. Slowly but surely starting on my essay.
- **@kvdeizigs:** Gave up my seat on the bus for an elderly woman & held a door open for another - what's your #randomactofkindness for the day? #ldnont
- **@daneinthecity:** Just clued in to how sick the #UWO to #WU namechange is! WU WU WU WU! @RZA would be so proud a university is named after the clan

- Tickets for the Juno Awards go on sale Friday
- Nickelback, Drake, Feist, Hedley among Juno nomination leaders

Who will rule this year's Junos?



► Deadmau5, a.k.a. Joel Zimmerman, appears on stage during the Juno Award nominations announcement Tuesday in Toronto.

City and Colour, Dan Mangan, Drake, Feist, Hedley and Nickelback led the Juno Award nominations Tuesday with four nods apiece, setting up a wide-open race at this year's gala in Ottawa.

No one artist managed to rise above the pack as nominations were announced at a glitzy, crammed gathering in Toronto. After the first group of nominees, Avril Lavigne, Michael Bublé and Deadmau5 followed with three nods each.

Teen sensation Justin Bieber also earned a pair of nominations — including one for album of the year — while other multiple nominees included Blue Rodeo co-frontman Jim Cuddy, Hamilton rockers Jim Cuddy, Hamilton rockers Jim Cuddy and Montreal-based indie-rockers

Braids.

With so many multiple nominees, many artists will be duking it out with one another over and over again in several categories.

"I could kick Bieber's ass but not Drake — he's a bit hardcore," laughed Niagara Falls, Ont., electronic producer Deadmau5 (nee Joel Zimmerman), who's up for the Juno fan choice award and artist of the year — a nomination he called a "shocker."

He's probably less surprised about being up for best dance recording, a category he's won four years in a row.

"It's not really weird when you're only one of like five Canadians making dance music these days," he said of the unique scenario. "(But)

I'm sure a lot more are, and that just kind of paves the way for a lot more to be recognized."

Cuddy, meanwhile, has two nominations for his third solo record, Sky-scraper Soul, on the same night that Blue Rodeo will be inducted into the Canadian Music Hall of Fame.

"It's huge," Cuddy said. "Obviously we love the status we have as a band that's been around for a long time, but you do want your newest work to be acknowledged. So I'm very, very pleased."

Of the marquee names nominated, Mangan might have come as a surprise to some fans. Among his four nods, the 28-year-old Vancouver native is up for new artist of the year and songwriter of the year, a category in which

Shatner's show

Star Trek icon William Shatner has been named host of the April 1 gala, to be broadcast on CTV.

► Picking Shatner to oversee the awards is a generational shift from last year, when the show was hosted by Toronto rapper Drake, who received strong reviews for showcasing his comedic side during his turn as MC.



► William Shatner

he'll compete with Cuddy, Ron Sexsmith, Feist and Dallas Green.

Album of the year will pit Christmas albums by Bieber and Bublé up against the latest from Drake, Avril Lavigne and Nickelback, while the field for artist of the year includes City and Colour,

Deadmau5, Feist, Bublé and, yes, Drake again.

More performers were also added to the lineup on Tuesday — including group of the year nominees Nickelback and Hedley — joining Feist, City and Colour, Deadmau5 and Blue Rodeo.

THE CANADIAN PRESS

2

scene

Madge is back



Madonna's not finished with stadiums. Live Nation Entertainment announced Tuesday that the Material Girls first tour since 2009 will include a Sept. 6 show at Yankee Stadium. Her world tour will start May 29 in Tel Aviv, Israel. The North American portion of the tour will include Montreal, San Jose and Cleveland.

THE ASSOCIATED PRESS



Happy Endings: Six characters in search of hilarity, and finding it, on TV's funniest show

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Russell wants his brand on Deschanel

► Katy Perry look-alike and New Girl star caught the eye of Russell Brand

THE WORD

DOROTHY ROBINSON
SCENE@METRONWS.COM



In the wake of his split from Katy Perry, Russell Brand has reportedly set his sights on New Girl star Zoey Deschanel — and has been sending her “fun, flirty texts,” according to Hollyscoop.

Sources say that Brand “thinks she’s hysterically funny and cute, too. He loves her quirky sense of humour, and thinks they’d be great together both on-

“He loves her quirky sense of humour, and thinks they’d be great together...”
SOURCE

and-off screen.”

Coincidentally (or not!), Deschanel filed for divorce from husband Ben Gibbard just days before Brand filed for divorce from Perry.

This is weird, because the fact the two women look alike is well documented. In 2009, Deschanel actually complained to MTV News about constantly being confused with Perry.

“It’s a little bit annoy-



ALL PHOTOS GETTY IMAGES

► Russell Brand has been courting a woman who looks a lot like his ex Katy Perry.

ing, to be totally blunt. The only similarity that we have is that we look a little bit alike,” she told the site. “I have met her before.

She seems like a nice person. I’m happy that she’s famous enough now that she’s not going out and being mistaken for me.”

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Talking points

Pitt says Jolie still has a wild side to her

LOOK FOR HER NEW MOVIE ROLE AS A BAD GIRL While in recent years Angelina Jolie has seemed to tame the bad-girl ways that made her famous, Brad Pitt insists — rather coyly — that her at-home behaviour is still pretty fun.

“She’s still a bad girl,” Brad says in an interview with CBS This Morning. “Delightfully so. It’s not for public consumption.”

● METRO

David Beckham blasts referee at children’s soccer game

URNS OUT POSH ISN’T THE SOCCER MOM All of David Beckham’s professional bona fides didn’t matter when it came to challenging a referee at his son’s soccer match recently, as the heated exchange ended up with Beckham being forced to leave the field.

“The kids are 7 years old and he sent the kid off,” Beckham tells Jonathan Ross during an interview, defending his actions. “I was



Celebrity tweets



“I’m so sad that basically every celeb has died this week. Where would I get my news if it weren’t for Twitter Trending Topics?”

@Diane_Keaton



“Thanks for all the birthday wishes, but it was last month!”

@madlyv

“Just luv the Apple store. Full of hipsters and not one who’ll help. Oh sorry I meant “geniuses””



@SteveMartinToGo



“Uploaded photo of myself in Speedo to comply with Google’s new privacy policy.”

like, ‘Come on, he’s 7, referee, you can’t send him off.’” ● METRO

Beyoncé baby body bouncing back into form

TIME TO MAKE THE ROUNDS

Beyoncé showed off her post-baby body in her first public outing since giving birth a month ago, attending husband Jay-Z’s charity concert at Carnegie Hall, according to Us Weekly.

The new mom reportedly made the most of her night out at the concert’s after-party, as well.

“She made a much bigger effort to say hello to nearly everyone, making rounds around the whole club before joining Jay-Z and guests in the VIP room,” a source says.

● METRO



► Eat like a local at Jean-Talon Market.



► Hike through the snow above the city in Mt. Royal Park.



► The BIXI bike-share system offers citywide access for just \$5.

3
life

Montreal is perfect for...

- You love your friends because each one has a unique personality
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For the explorer:
Lace up your hiking boots and get around via alternative transportation

Situated on the mountain in the middle of Montreal island, Mt. Royal Park doesn't just provide exercise getting to the top — the scenic green space designed by Central Park mastermind Frederick Law Olmsted offers excellent

views, too. In winter, explore via skis or snowshoes; in the warmer months, take to the bike paths. Gain access to any of the 5,000-plus cruisers in the BIXI bike-share system for city-wide sightseeing for \$5.

For the fashionista:
Score a fabulous find from a local designer

Montreal is fiercely proud of its homegrown designers — and stepping into their boutiques, it's not hard to see why. For the

conscientious snow bunny, Harricana (3000 rue Saint-Antoine Ouest, 514-287-6517) is a dream come true: Designer Mariouche Gagne upcycles outdated fur fashions into classically cool new pieces.

For more secondhand finds, pop into the "friperies" in the trendy Plateau District. We like Folles Alliees (365 Av. du Mont-Royal E., 514-843-4904) for its finely curated, mint-condition pieces and

Retromania Boutique (820 Av. du Mont-Royal E., 514-596-2618) for its well-organized, affordable finds that could have come from your hip sister's closet.

For the culturephile:
Eat your way through the city like a local

You could spend hours in Montreal's markets, sampling local food and mingling with people who grow and purchase it. Little Italy's Jean-Talon Market (7070 Henri-Julien St., 514-937-

7754) is a year-round emporium of all things fresh and a true feast for your senses.

But save some room for the bagels. Montreal-style bagels are smaller, sweeter and denser than the New York variety. They're always baked in a wood-fire oven — right in front of you at St-Viateur Bagel & Cafe (multiple locations, stviateurbagel.com) — which makes it worth a stop for breakfast or lunch.

Travel in brief



One of the 20th century's most famous performers who spent his childhood in Appleton, Wis., will be the subject of an exhibit at the Madison Museum of Contemporary Art. The show about magician and escape artist Harry Houdini will examine his life, legend and cultural influence. Houdini: Art and Magic starts Feb. 11 and runs through May 13.

THE ASSOCIATED PRESS

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Penne perfection

► There's nothing as comforting as gooey cheeses baked into pasta ► Four delicious ones are used here

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA



Gooey, delicious and comforting cheeses (Gorgonzola, fontina, ricotta and Parmigiano-Reggiano) combine to create a warm and cosy feel to this Penne and Four Cheese favourite.

Baking the creamy pasta combination gives it an extra bubbly sauce with a golden-brown topping that is irresistible.

Serve this dish with a side salad of greens, tomatoes, cucumber, red onion and red peppers with a light zesty Italian dressing

Ingredients:

- 1/4 cup (50 mL) butter
- 2 small shallots, finely chopped
- 4 cloves garlic, minced
- 1 tsp (5 mL) chopped fresh thyme or 1/2 tsp (2 mL) if you are using dried thyme
- 1/3 cup (75 mL) all purpose flour
- 3 cups (750 mL) 5% light cream
- 1 cup (250 mL) shredded fontina cheese
- 2/3 cup (150 mL) crumbled Gorgonzola cheese (about 4 oz/125 g)
- 1/2 cup (125 mL) ricotta cheese
- 1/2 cup (125 mL) freshly grated Parmigiano-Reggiano
- 1 1/2 lbs (750 g) penne rigate pasta (about 6 cups/1.5 L)
- 1 bag (10 oz/300 g) baby spinach, chopped
- 1/4 cup (50 mL) chopped fresh basil or Italian parsley

Topping:

- 2 cups (500 mL) fresh bread crumbs
- 1/4 cup (50 mL) chopped fresh Italian parsley
- 1/4 cup (50 mL) freshly grated Parmigiano-Reggiano
- 1/4 cup (50 mL) butter, melted

for balance. You could also serve it with your favourite steamed veggies.

Preparation:

- 1 Melt the butter in the saucepan over medium heat and cook the shallot, garlic and thyme for 5 minutes or until they are softened. Stir in the flour and cook, stirring for 1 minute.
- 2 Whisk in the cream and cook, whisking occasionally for about 10 minutes or until it is
- 3 In a large pot of boiling salted water, cook the penne for 8 minutes. Add the spinach and cook for 2 minutes until spinach is wilted and pasta is al dente. Drain everything well and return it to pot. Add cheese sauce and stir to combine well. Spoon pasta the mixture into 8 French onion soup bowls and place on large baking sheet.

Parmigiano into the cream mixture. Whisk it until it is smooth. Stir in basil and keep warm.



Penne and Four Cheeses

► The recipe makes eight servings.

F. Scott Fitzgerald's

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The delicious cocktail features Frangelico Hazelnut Liqueur infused with Irish cream and cherry brandy.

Garnish it with a fresh strawberry!

- 1 1/4 oz Frangelico
- 1 1/4 oz Carolans
- 3/4 oz cherry brandy

Shake all ingredients up with ice.

Pour into a chilled Martini glass.

Garnish with a fresh strawberry.
SKYY SPIRITS



thickened enough to coat the back of a spoon. Remove the pot from the heat and add the fontina, Gorgonzola, ricotta and

4 Topping: Combine the breadcrumbs, parsley, Parmigiano and butter in bowl. Sprinkle over the pasta. Place in preheated 425 F (220 C)

oven and bake for about 10 minutes or until bubbly and golden brown.

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ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE ON EMILY AND HER RECIPES, VISIT HER WEBSITE:
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Finding the key to co-op success

► Switching majors set this university student on a solid academic track ► Here's how

STUDENT VOICE

YOKO LU
TALENTEGG.CA

When I first started at Simon Fraser University, I was happy that my school had a co-op program and I had heard that many students had positive co-op experiences.

However, as time gradually passed and I finally enrolled successfully into the co-op program last March, I realized that I could not find any relevant jobs because of my major: geography.

As I searched through the list of co-op jobs, I figured out that many science co-op jobs were related to environmental science. I realized that I was following the wrong path.

I immediately talked to my advisor and switched my major from geography with an environmental specialty to physical geography, and then to environmental science.

A few months passed and I finally had two interviews last August. I did not



► Yoko Lu has changed her focus from geography to environmental science.

expect to receive a placement, so I was shocked when I got a phone call from the co-op advisor, telling me I had an offer.

I was lucky to get a job in my co-op program be-

"Do not be disappointed even when you do not get the job. You should evaluate any mistakes you have made and correct them."

YOKO LU

cause I got accepted into the program very late.

My key suggestion to students is not to give up. I kept applying to the job of-

fers even though the job descriptions were not really in my area of study. I would recommend students keep applying even though you may feel uncomfortable with the job or its description.

If you are invited to interviews, you have to keep in mind that the employers receive lots of applications and can only choose a few students to interview and only one will get an offer.

Do not be disappointed even when you do not get

Lessons learned

Key take-aways from Yoko's experience:

- Browse job listings to see which skills, experiences and education are in demand.
- Changing your major early on isn't failing — it's OK to change your mind.
- Don't get discouraged! Competition is fierce in many fields and it might take some time to get a job.

the job. You should evaluate any mistakes you have made and correct them.

To help with this process, I believe that schools should have more courses on real world experiences, such as writing resumés and cover letters, and preparing for interviews.

Workshops are not enough. I think there should be regular courses where students can be taught more efficiently and perhaps students would be able to apply to jobs after their resumés and cover letters are carefully checked by their peers. Co-op jobs do not have to be run by the school, it could also be a direct contact made with the employer by students.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

\$200K for charity workers

Nearly 50 Canadian charities, each with a limited ability to support the development of their staff and volunteers, have received a much-needed boost to the combined tune of \$200,000.

The PricewaterhouseCoopers Canada Foundation Leadership Grants Program has presented the annual grants to registered small- and medium-sized charities, with a focus on funding professional development activities for the selected applicants.

"There are limited funds available for the professional development of dedicated employees at Canadian charities and funders have traditionally steered away from providing support for core operational activities," says James Temple, Leader of the PricewaterhouseCoopers Canada Foundation.

Temple adds that learning and development play critical roles in the ongoing success of a charity's social mission.

"Funders can address this gap by providing the right balance of resources to empower people to hone their skills and by investing in the long-term sustainability of the charitable community."

For a full list of this year's recipients and to find out how your charitable organization can apply, visit pwc.com/ca/grants.

● METRO

Where Yoko is now

I am currently a co-op student as a research project assistant and I am volunteering at various positions during the weekends, and am still willing to take on new experiences.

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Hidden gems in the health field

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As with most areas of study, health care has its hidden and overlooked diamonds of opportunity. Your choices aren't simply doctor or nurse: there are plenty of less-common careers in the industry that allow you to help patients in a variety of ways. Here are three paths you may not have considered

Physical therapists

Physical therapists spend extensive time working with patients, creating a bond and designing programs and rehabilitation exercises. Many of these patients are athletes.

"We see athletes enter



► Enjoy a personalized approach to health as a physical therapist.

with concussions, unknown pain or decreases in production or post-op status," says Chris Keating of Strive Physical Therapy. They create personalized

recovery plans, similar to the way a teacher formats a curriculum.

"The programs we design will progress enhancing a patient's strength, flexibility, balance, coordination, endurance and overall performance," says Keating.

Holistic health care

One largely expanding field is that of holistic healing. CAM — an acronym for Complementary and Alternative Medicine — involves sophisticated practices that include acupuncture and acupressure along with massage therapy.

More schools are offering courses in this study, and more Americans are seeking medical attention in alternative forms: A

National Health Interview Survey found that 38 per cent of adults questioned use a form of alternative or holistic medicine.

Occupational therapists

Occupational therapists assist the elderly and those who have suffered an illness or injury in re-learning everyday skills. It's a flexible job that offers a variety of positions within the system.

"Occupational therapy allows for many jobs in the same career," explains occupational therapist Jeremy R. Furniss, VP of Operations at Ergo Solutions.

"You find OTs in medical care and hospitals, work sites such as factories or offices, schools and just about anywhere else these days."

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"We think Miguel will be adequate at third base from a defensive perspective. I don't mean to say he's going to be a Gold Glover."

DETROIT TIGERS GM DAVE DOMBROWSKI ON THE TEAM'S EXPECTATIONS FOR MIGUEL CABRERA, ABOVE, AT THIRD BASE, WHERE HE IS SET TO MOVE NEXT SEASON TO MAKE ROOM FOR PRINCE FIELDER AT FIRST.



Scan code for more sports.

Centre of attention

► With fellow Penguins pivots Crosby and Staal out with injuries, Malkin is responsible for keeping Pittsburgh's offence on track

The Pittsburgh Penguins' dream is to have their Big Three centres healthy by the end of the season, but for now Evgeni Malkin is carrying the load on his own.

The 25-year-old Russian leads the NHL scoring race and has been a workhorse for the Penguins while they await the return of Sidney Crosby and Jordan Staal from injuries. Some see Malkin playing as well or even better than in 2008-'09 when he won the Conn Smythe Trophy as playoff MVP while leading Pittsburgh to a Stanley Cup.

"Definitely he's playing in the same range as in '09," defenceman Kris Letang said Tuesday. "He's strong, every game he's ready to go and he's really concentrating on what he has to do.

"You can even see him playing well defensively, so that's a good sign from a guy like that."

Malkin has scored 14 goals in as many games, with at least one point in 20 of the last 25 games.

The rangy centre's scoring and Marc-Andre Fleury's goaltending are big reasons why the Penguins have kept on winning and stayed safely in a playoff position despite a run of injuries that is among the worst in the 30-team league.

The players say it also helps that they have been in this situation before. Last season, Crosby played



► Sidney Crosby tries to deflect the puck into the net during a practice Tuesday in Montreal.

only 41 games — one less than Staal and two fewer than Malkin — due to injuries. The Penguins still finished 49-25-8, although they were ousted in the first round of playoffs.

Crosby, whose woes began when he took blows to the head in consecutive games in early January 2011, took part in a full practice on Monday and was on the ice again for an optional skate Tuesday morning. There is no word yet on when the former league MVP will be able to return from his concussion symptoms and/or neck injury.

Staal was to miss a 15th

8

Number of games this season when the Penguins had their top three centres together, from Nov. 21 to Dec. 5 when Crosby was able to play.

game with a knee injury, but he has been cleared to practise and is expected back in a week to 10 days.

Crosby said this week he has been feeling better since he had an injection last week to reduce swelling in soft tissue in his neck. He is more optimistic

of a recovery now that the focus of treatment is on his neck instead of the concussion symptoms.

He looked like his old, super-talented self on the ice, and clearly enjoyed being back skating with his teammates.

But as he has done in the past, Malkin has taken the offence on his shoulders.

"This month and half was exceptional," said coach Dan Bylsma. "It was awesome hockey, dominating games, the number of points put up. If he did that for seven months straight it would be an unbelievable thing."

THE CANADIAN PRESS

Williams ends NFL career, again

Ricky Williams is retiring from the NFL.

Again.

This time, however, it appears to be for good.

The 34-year-old Williams told the Baltimore Ravens on Tuesday he won't be back to fulfill the second year of a contract he signed in August. Playing as a backup to Ray Rice this year, Williams ran for 444 yards and scored two touchdowns.

He also became the 26th player in NFL history to reach 10,000 yards rushing, reaching the plateau in the season finale at Cincinnati.

"The NFL has been an amazing page in this chapter of my life," Williams said. "I pray that all successive adventures offer me the same potential for growth, success and most importantly, fun.... As for what's next, I am excited about all the opportunities ahead — continuing my education, running The Ricky Williams Foundation and whatever other opportunities present themselves."

Williams retired previously before the 2004 season when facing a four-game suspension for violating the league's drug policy. He returned in 2005, then left to spend the 2006 season with the CFL's Toronto Argonauts.

THE ASSOCIATED PRESS

BH: STANDINGS BH:											
TEAMS	GP	W	L	T	PTS	GP	W	L	T	PTS	PTS
THROWBACKS	5	4	0	0	1	31	12	0			
NADS	5	4	1	0	0	16	11	0			
MULTIPLE SCORING	5	4	1	0	0	11	7	0			
SHOCKERS	5	3	2	0	0	21	15	0			
TEAM BEEP	5	3	2	0	0	16	17	0			
PERELS	5	1	2	0	2	14	14	4			
OUT OF GAS	5	1	4	0	0	10	22	2			
THE BOYS	5	0	5	0	0	7	28	0			

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CANADIAN BASEBALL HALL OF FAME

Melvin, Staub crack 2012 class

The original face of the Montreal Expos is heading to the Canadian Baseball Hall of Fame.

Six-time all-star Rusty Staub, who played 518 games for the Expos over his 23-year career, will be inducted in June in St. Marys with Milwaukee Brewers general manager Doug Melvin from

Chatham, Moncton, N.B.'s Rheel Cormier, who pitched 16 seasons in the majors, and the 2011 Canadian senior national team.

New Orleans' Staub played for the Expos from 1969 to '71 with a brief return stint in 1979. The outfielder/first baseman also played for the New York Mets, Houston Astros, Detroit Tigers and Texas Rangers.

Melvin was named 2011 Baseball Executive of the Year after Milwaukee won the National League Central Division title. THE CANADIAN PRESS

Out with the V-8

What will likely go unnoticed is the lack of a V-8 option, leaving the GS 350 and the gasoline-electric hybrid GS 450h as the only models. The V-8 GS 460 cost an additional \$11,400 over and above the GS 350 when it last appeared in Canada for the 2010 model year and was never a big seller. Its relatively poor fuel economy also didn't help. Replacing the GS 460 is the V-6 F Sport that has its own front clip, mesh grille, body trim, 19-inch wheels and variable suspension and steering systems that continuously adjust to road conditions and driver inputs.

In with the V-6

It might have a V-6, but the GS 350 is hardly slow. It can scoot to 100 km/h from zero in a Lexus-reported 6.3 seconds, which is a tick more than the second-generation GS 450h that arrives later in the 2012 model year. That model should be the undisputed hot rod in the bunch. What V-8?

The V-6 has been updated with direct fuel injection whereby gas is more accurately metered directly into the combustion chambers.

Transmission

The F Sport uses the same carryover 306-horsepower 3.5-litre V-6 as the standard GS 350. It's connected to a six-speed automatic transmission that "blips" the throttle for smoother downshifts (called rev matching). Compared to the GS 350, the F Sport adds a level to the standard driver-selectable operating mode that firms up the suspension and sharpens the steering.



► The GS retains its long-hood, short-deck side profile and rear-drive layout.

5

drive

By comparison

Audi S4

Base price: \$54,500
Sporty AWD four-door with supercharged 333-hp V-6 is quick to 100 km/h.

Hyundai Genesis

Base price: \$41,800
For an extra \$13,500, this sassy sedan can be had with a 429-horse V-8.

Infiniti M37

Base price: \$54,350
Roomy rear- or all-wheel-drive sedan also offers 360-hp hybrid option.

WHEELBASE MEDIA

Lexus GS still living in the fast lane



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Wooring and winning over significant numbers of up-scale-car buyers has been a successful venture for Toyota's premium brand and the latest GS series should literally accelerate this trend despite being down a couple of cylin-

ders.

Why? Well, for one thing the 2013 GS, which is slated for a February debut, is leading Lexus out of the design doldrums where, along with many of its stable mates, the car has been.

Nothing overly radical mind you, since the 2013 GS shares a number of

physical and mechanical components with its 2012 counterpart, but at both ends the revisions are obvious.

The reshaped nosepiece displays a large air intake below the grille with additional side intakes that also serve as fog-light housings. The confluence of shapes and angles at

the business end might not rank as an artistic tour de force, but it's certainly character building and that will help you spot the GS in a parking lot.

The starting-point GS 350 rings in at stout \$54,000, including destination costs, which is about the same as the out-

going model, while the F Sport will likely sticker in the vicinity of \$61,500.

The hybrid is estimated in the mid-\$70,000 range to start.

That's a lot of cabbage, but this is still life in the fast lane with the GS well within sight of other luxury competitors and their six-cylinder offerings.

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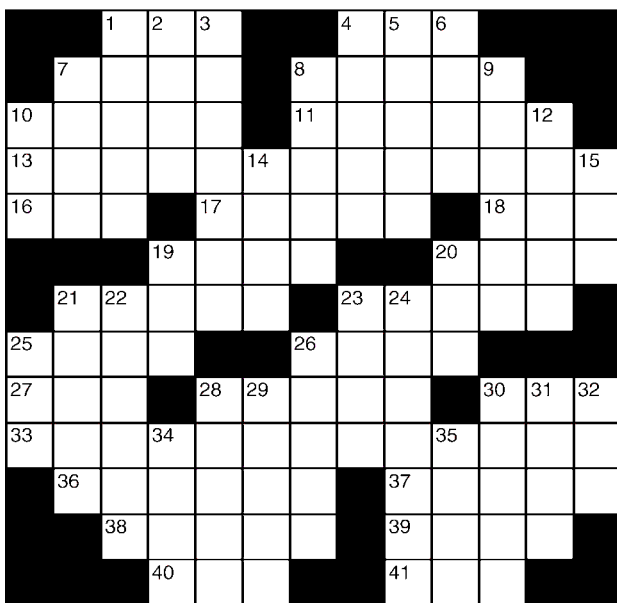
Crossword

Across

- 1 Prof's degree
- 4 Pismire
- 7 Rock music's Motley
- 8 Circus performer
- 10 Straighten
- 11 More frosted
- 13 Sunflower State's largest city
- 16 Powell co-star
- 17 Gerrymandered
- 18 Gratuity
- 19 Yank
- 20 Partner
- 21 Aroma
- 23 Gives as an example
- 25 "— have thought ...?"
- 26 Discourteous
- 27 Debtor's letters
- 28 Trap
- 30 Upper surface
- 33 Sooner State's second-largest city
- 36 Grow canines, e.g.
- 37 Occupied
- 38 Needle cases
- 39 Square
- 40 Suitable
- 41 Lair

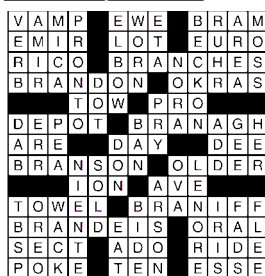
Down

- 1 Expensive
- 2 Grant or Jackman
- 3 Dweller
- 4 Similar
- 5 Wanderer
- 6 Castor or Pollux
- 7 Advertising award
- 8 Grouch
- 9 Snuggle up
- 10 Piercing tool
- 12 Track components

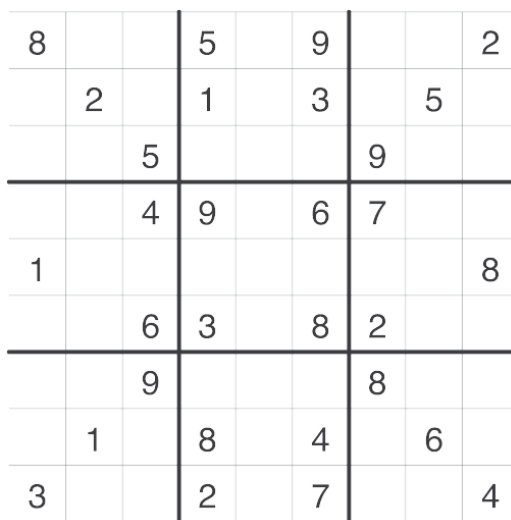


- 14 Legal wrong
- 15 Agent
- 19 Clampt patriarch
- 20 Packed away
- 21 Yell
- 22 Grand — Dam
- 23 Ringlet
- 24 Came up with
- 25 Humor
- 26 Lawn care tools
- 28 Stopped slouching
- 29 Like a rare game
- 30 Fare, maybe
- 31 Portent
- 32 Skillet
- 34 Bristle
- 35 Own

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

► Yesterday's answer

7	5	9	8	6	4	3	2	1
8	3	2	9	1	5	7	4	6
1	4	6	3	7	2	9	8	5
9	6	1	4	3	7	2	5	8
4	7	5	2	8	6	1	3	9
3	2	8	5	9	1	4	6	7
2	1	7	6	5	3	8	9	4
6	9	4	1	2	8	5	7	3
5	8	3	7	4	9	6	1	2

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You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Muffin, Just want you to know you are thought of every minute! I ADORE every inch of you, you are my soul mate! I am Soooo in Love with you and have been for almost 10 years, wow is all I can say! PIE

Baby Lee, The past while has been amazing with you. I miss you every minute we're apart. Thank you for being who you are, and thank you for accepting me for who I am. I look forward to spending every day with you. I love you very much, never forget that!

LADY LOVER

On the bus, It was amazing i have never felt that way before when we met on bus and kissed 4 years. i still remember the moment. Unfortunately we parted at Dec30 even though we miss and love each other it is not that easy to be there.

MEET TOGETHER

Today's horoscope

♈ Aries March 21-April 20

This is a great time for you and the entry of Venus into your sign will make it 10 times better.

♉ Taurus April 21-May 21

Pay a bit more attention to what other people are saying. If you don't you could lose out financially.

♊ Gemini May 22-June 21

Whatever setbacks you may have endured of late, you can be confident that the worst is over.

♋ Cancer June 22-July 22

Keep telling yourself that you are destined for greatness. It's not a long way from the truth as it happens, but you've got to believe it.

♌ Leo July 23-Aug. 23

If you need assistance with something today, you should find it easy enough to ask for it.

♍ Virgo Aug. 24-Sept. 22

You are under no illusions as to what your limits are but you also know that you have talents other people do not possess.

♎ Libra Sept. 23-Oct. 23

This is one of the best times of the year for partnership matters, be they personal or professional.

♏ Scorpio Oct. 24-Nov. 22

Difficult decisions will come easy to you today but don't think you have to change everything.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ Sagittarius Nov. 23-Dec. 21

With Venus on your side over the next few weeks, you don't have to smash your way to success.

♑ Capricorn Dec. 22-Jan. 20

You'll go out of your way to be nice to family and friends, whether or not they have been nice to you.

♒ Aquarius Jan. 21-Feb. 18

Keep things simple today. That applies to all areas of your life but especially to travel and social plans.

♓ Pisces Feb. 19-March 20

You may be nice by nature but that does not mean you should let people off the hook when they've done wrong. **SALLY BROMPTON**

Caption contest

LEE JIN-MAN/THE ASSOCIATED PRESS



CLEMENT ALLARD/THE ASSOCIATED PRESS



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